



Healthy Living Programs



## Fitness Centers

Senior Friendly Equipment  
FREE membership  
Staffed by UWM

## Participants in a 2000-2001 research study



*Increased  
flexibility by 90%*

*Increased  
strength by 25%*



## Living Well With Chronic Conditions



Living well with chronic conditions is designed to improve the self-management skills of people with chronic health issues.

Participants with various chronic conditions meet as a group for 2.5 hours once a week for six weeks.

Groups work on building confidence and skills to manage the challenges of living with a chronic health condition.

The course includes information on:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions like anger and depression
- Problem solving skills and goal setting

For more information  
on Living Well Workshops  
call the Healthy Living Program Manager  
at 414 289 6352  
or visit the website:  
[www.milwaukee.gov/help4healthyaging](http://www.milwaukee.gov/help4healthyaging)



MCDA  
Milwaukee County  
Department on Aging



## Healthy Living Programs at Local Senior Centers



Clinton Rose  
Grobschmidt  
Washington Park  
Wilson Park  
OASIS

You can find information on senior health and wellness at your local senior center. Or visit one of Milwaukee County's senior fitness centers

## **Fitness Centers located at:**

**Washington Park Senior Center**  
4420 W. Vliet St.

**Clinton Rose Senior Center**  
3045 N. Martin Luther King Dr.

**Grobschmidt Senior Center**  
2424 15th Ave.  
South Milwaukee

**Wilson Park Senior Center**  
2601 W. Howard Ave.

### **OASIS**

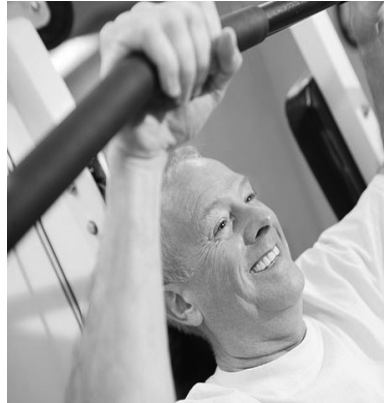
2414 W. Mitchell St.

Fitness programs are designed to get seniors off the couch and on to senior friendly exercise equipment that will: tone muscles, strengthen bones, maintain cardiovascular function, increase flexibility and prevent falls.

Fitness centers are equipped with state of the art fitness equipment and staffed by students from UWM'S College of Health Sciences.

## **WellnessWorks**

is the name for Milwaukee County  
Department on Aging's Healthy Living programs



## **For more information on WellnessWorks programs contact:**

WellnessWorks Program Manager  
**229 - 5121**

email:  
[fitnessprograms@milwaukeecounty.com](mailto:fitnessprograms@milwaukeecounty.com)

visit us on the web:  
[www.milwaukee.gov/county/help4healthyaging](http://www.milwaukee.gov/county/help4healthyaging)

## **An Ounce of PREVENTION! (New for 2012)**

Wellness Works partnerships are expanding to include a variety of proven programs that can help prevent injuries from falls.

For more information on Stepping on and the Arthritis Foundation Walk With Ease and Exercise Programs call the WellnessWorks programs manager at 289-6352.

## **Fitness Centers are *FREE* to Milwaukee County residents aged 50+**

All participants must register as members at the senior center\*, complete a health information / fitness program registration form, take part in an assessment of current condition, and attend one orientation session.

Center hours may vary by site. Call ahead to be sure staff will be there to help you.

*\*A senior center membership fee is required at OASIS and Grobschmidt centers*

